



Moccasín Trail

TSÍOTHÓHRHA / DECEMBER 2021

Points of Interest:

- December Coloring Contest ends Dec. 8th
- Christmas Cookie Swap
- Staff Years of Service Awards
- Linda LaRue, Legal Aid Lawyer visit dates
- Medical Supplies Always Available



Unfortunately, the senior center will not be having an evening Christmas dinner like previous years. To ensure everyone's safety, and to not exclude any elders, we will have 100

Grab-n-Go meals available on **Friday, December 10th**. The meal will be prime rib, mashed potatoes, mixed veggies, squash and pie. Be sure to call and reserve early (before 9:30 a.m.) and pickup between 11:00 a.m. and 12:30 p.m.

December Activities

Throughout the month of December, we will be having many different festive activities to try and get people in for congregate lunch to engage, visit, laugh and get into the holiday spirit. On page 4 there is a list of 11 different fun things we will be doing. Please come join us!



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We will be Closed on:

Friday, December 17th: Planning Day
 Thursday, December 23rd: Staff Appreciation
 Friday, December 24th: Christmas Day
 Friday, December 31st: New Years Eve





Saint Regis Mohawk Senior Citizens Club



Club Dues are being accepted for 2022

Please renew to receive your Moccasin Trail newsletter in the mail.

You can mail in your membership fee of \$5.00 American to:

PO Box 1106
Hogansburg, NY
13655

Addressed to: SRM Senior Citizens Club

Membership due's for 2022 are being accepted now. If you do not pay by the end of December, you will not get the January 2022 newsletter.

The Senior Club will be holding elections for President, Vice-President, Secretary, and Treasurer. If you are interested in running for one of these positions, please pick up a 2022 Senior Club Officer Election Form at the front desk. All forms must be returned by December 7th. All potential candidates must be present at the Senior Club meeting on December 8th at 10:00 a.m. to accept their nomination.

Our sincere condolences to the families of Shirley Mainville, Dale Bintz and Patricia Rubado

Volunteers Needed!

We need club members to volunteer to sit in the office and accept membership dues from walk-in's. You can choose the time and day that best fits your schedule. Please call Karen White at 518-319-5267 if you are interested.

Senior Club Meeting

Wednesday, December 8th in the senior center sunroom at 10:00 a.m..

All members welcome!

November Coloring Contest Winners



Congratulations Margaret Montour and Iris Herne on winning our November coloring contest!

Our next contest will be from Dec. 1st to Tuesday, December 8th. Please hand in by 11:00 a.m. If you need it to be picked up please call Katie or Joy.



HEATING ASSISTANCE 2021-2022

To book an appointment or for more information, please call (518) 358-2834.

Due to COVID-19 restrictions, walk-in appointments are not available at this time. Home visits are available for local community members who are elderly homebound.

You will need the following documents to apply:

- Social Security Card
- Tribal Identification Card
- Recent Fuel Bill
- Recent Electric Bill
- Proof of income



If you currently receive SNAP or temporary assistance, please contact your local HEAP department as you may already be enrolled:
Franklin County HEAP Department- (518) 481-1807
St Lawrence County HEAP Department- (315) 379-2303

Saint Regis Mohawk Tribe Office for the Aging, HIICAP and NY Connects
(518) 358-2834 or (518) 358-2963

CHRISTMAS COMEDY!



1.) Q: What do you call a kid who doesn't believe in Santa?

A: A rebel without a Claus.

2.) Q: Why is Santa so jolly?

A: Because he knows where all the naughty girls live.

3.) Q: Why is Christmas just like your job?

A: You do all the work and the fat guy with the suit gets all the credit.

4.) Q: What do you call a broke Santa?

A: Saint Nickel-less

5.) Q: Why did Santa send his daughter to college?

A: To keep her off the North Pole.

6.) Q: What do you call Santa if he also lives in the South Pole?

A: Bi-Polar.

7.) Q: What did Santa sing when he went down the chimney?

A: "Chestnuts roasting on an open fire..."

8.) Q: What nationality is Santa Clause?

A: North Polish.

December Activities



- Wednesday, Dec. 8th** **Monthly Coloring Contest:** Ends at 11:00 a.m. and voting begins. Winners will be called and announced on our Facebook page that afternoon
- Thursday, Dec. 9th** **Upcycle Christmas Card Craft:** We will transform old greeting cards into a forever keepsake or fun holiday decorations. Joy will have a table set up with everything you need from 10:00-12:00 in the dining room for anyone that would like to sit and make anything.
- Monday, Dec. 13th** **National Cocoa Day:** We will have a crockpot with hot cocoa available all day.
- Tuesday, Dec. 14th** **Christmas Movie Showing:** We will choose what we would like to watch when everyone shows up. Optional movies are: The Santa Clause, A Christmas Story, Miracle on 34th Street, It's a Wonderful Life, or Home Alone.
- Wednesday, Dec. 15th** **National Wear Your Pearls Day:** Take them out of those boxes and wear all of your pearls to show off at lunch.
- Thursday, Dec. 16th** **Stocking Decorating Contest:** Starting Dec. 9th until the 16th, we will have stockings available to decorate in the dining room along with glue guns, felt, beads, and you can bring in anything you would like to get creative with. Or you can come in on the 16th and vote on your favorite homemade stocking.
- Monday, Dec. 20th** **Pajama Day:** Wear your favorite festive pajamas, relax and enjoy our pajama party. We will play Christmas Pictionary!!!
- Tuesday, Dec. 21st** **Cookie Exchange:** Bring in 2 dozen cookies to swap (more information on page 5) It is also National Crossword Puzzle Day. We will have a timed competition beginning at 11:15 a.m.
- Wednesday, Dec. 22nd** **National Ugly Sweater Day:** Wear your ugly sweater into lunch and we will draw for a prize for those participating. It is also National Nut Bread Day so we will have some yummy snacks available.
- Tuesday, Dec. 28th** **National Card Playing Day:** We will play some card games in the dining room.
- Thursday, Dec. 30th** **National Bacon Day:** We're getting creative and will have bacon recipes for snack that morning.

Fight those Winter Blues and come in and do something fun with us!



Senior Center Craft Class



December Craft: Tin Mold Centerpiece

Wednesday, December 15, 2021 at 12:45 p.m. – 2:00 p.m.

We will be turning a small tin can into a beautiful creation that will go great with a Holiday arrangement. The first class will be prep work and working with clay. We will let that dry overnight and the next day we move onto class 2 to paint and finish. If you can't make the second class for the specified date, I can work with you at a different time if needed. Please call Katie or Joy at **518-358-2963** to sign up, class is limited to 5. **Happy Holidays!**



Before



After

Christmas Cookie Swap

We're working on our Santa Bods!

Join us for a cookie exchange on December 21, 2021.

Everyone can bring in 2 dozen cookies to share. Please be here by 11:30 a.m. and the staff will safely divide cookies into baggies to take home and share. To receive a bag of cookies, you must bring in cookies.

Idea's are sugar cookies, molasses sugar cookies, gingerbread cookies, meringues, peanut butter cup cookies, chocolate chip cookies, pinwheel cookies, magic bars or even fudge, or anything chocolate covered!

We will need everyone to RSVP and let us know what kind you will be bringing in and if you are willing to share your recipe we will have you fill out a recipe card.

While we are waiting and dividing up the cookies, we will decorate sugar cookies, drink hot cocoa and listen to Christmas music!

Tsiothóhrha/December 2021

Tsiat'ahkhaton	Kiokierénhton	Tekenhathon	Ahsénhathon	Kaierhathon	Wisshathon	Iahí:khaton
		<p>Call the Center if you will not be home for your Home Delivered Meal. Or to reserve your Grab-N-Go or Congregate meal at 518-358-2963.</p> <p>NOTE: Only 4 to a table in congregate lunch. Salads available, limited to 15 callers, first come, first serve.</p> <p>LOCAL SHOPPING TRIPS: Due to our bus being out of commission, our transportation drivers are taking appointments throughout the week individually, starting at 1:00 p.m. please call Judy or Pam to make an appointment 358-2963.</p>	<p>1 Sloppy Joe Coleslaw Green Beans Peaches Activity: 10:00 Exercise Class with DVD in Lounge</p>	<p>2 Caesar Salad with Chicken Garlic Bread Banana Pudding with Banana Slices Activity: 10:00 Chair Yoga</p>	<p>3 Pea Soup Ham Sandwich Pears Activity: 10:30 Virtual Bowling</p>	<p>4</p>
5	<p>6 Sweet n Sour Pork Broccoli, Roll Fresh Fruit Activity: 10:00 Exercise with DVD Class 1:00 Bingo</p>	<p>7 Fish Burger Boiled Potato Peas & Carrots Fruit Butterscotch Pudding Activity: 10:00 Chair Yoga</p>	<p>8 Chicken Corn Chowder Wheat Roll Carrot/Celery Sticks Pineapple Chunks Activity: 10:00 Exercise DVD 10:00 Senior Club Meeting 11:00 Coloring Contest Ends</p>	<p>9 Salisbury Steak Mushroom Gravy Mashed Potatoes Mix Veggies Banana Activity: 10:00 Chair Yoga 10-12 Christmas Card Craft in Dining Room Legal Aid Appointment with Linda LaRue</p>	<p>10 Christmas Meal Prime Rib Baked Potato, Squash Mixed Veggies Roll, Pie Activity: 10:30 Virtual Bowling (Only Grab-n-Go meals available! Call before 9:30 a.m.)</p>	<p>11</p>
12	<p>13 Spaghetti with Sausage, Roll</p>	<p>14 Baked Chicken Wild Rice</p>	<p>15 Liver with Onion Boiled Potato</p>	<p>16 Strawberry Spinach Salad</p>	<p>17</p>	<p>18</p>

<p>19</p>	<p>Cauliflower Fresh Apple Activity: 10:00 Exercise Class with DVD 1:00 Bingo <i>National Cocoa Day</i></p>	<p>Mixed Veggies Wheat Roll Fruit Cup Activity: 10:00 Chair Yoga (Last day to make Collective Goods Order) <i>Christmas Movie Day in Lounge 12:30 start</i></p>	<p>Green Beans Roll Fig Newton Cookies Activity: 10:00 Exercise Class with DVD 12:45 Craft Class <i>National Wear Your Pearls Day!</i></p>	<p>Roll Pears Activity: 10:00 Chair Yoga <i>11:30 Stocking Decorating Contest</i></p>	<p>CLOSED Planning Day </p>
<p>20</p>	<p>Chili Johnny Cake Carrot/Celery Sticks Melon Slices Activity: 10:00 Exercise Class with DVD 1:00 Bingo <i>Pajama Day!</i></p>	<p>21 BBQ Pork on a Bun, Coleslaw Baked Beans Fresh Fruit Activity: 10:00 Chair Yoga <i>11:30 Cookie Exchange National Crossword Puzzle Day</i> Legal Aid Appointment with Linda LaRue</p>	<p>22 Mac n Cheese Stewed Tomatoes Broccoli, Roll Watermelon Slices Activity: 10:00 Exercise Class with DVD <i>National Ugly Sweater Day! And Nut Bread Day!</i></p>	<p>23 CLOSED Staff Appreciation Day </p>	<p>24 CLOSED Christmas Eve </p>
<p>26 </p>	<p>27 Chicken Cordon Bleu Mashed Potatoes Wax Beans Apple Crisp with Whip Activity: 10:00 Exercise Class with DVD 1:00 Bingo</p>	<p>28 Sweet Potato Soup Turkey Sandwich Fresh Fruit Activity: 10:00 Chair Yoga <i>National Card Playing Day!</i></p>	<p>29 Birthday Meal Shake n Bake Pork Chops, Rice Pilaf Green Beans, Roll Cake with Fruit Top Activity: 10:00 Exercise DVD</p>	<p>30 Corn Soup Biscuit Fresh Fruit Vanilla Pudding Activity: 10:00 Chair Yoga <i>National Bacon Day!</i></p>	<p>31 CLOSED New Years Eve </p>
<p>25 </p>					



New Release

SOCIAL SECURITY

Social Security Announces 5.9 Percent Benefit Increase for 2022

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration announced today.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

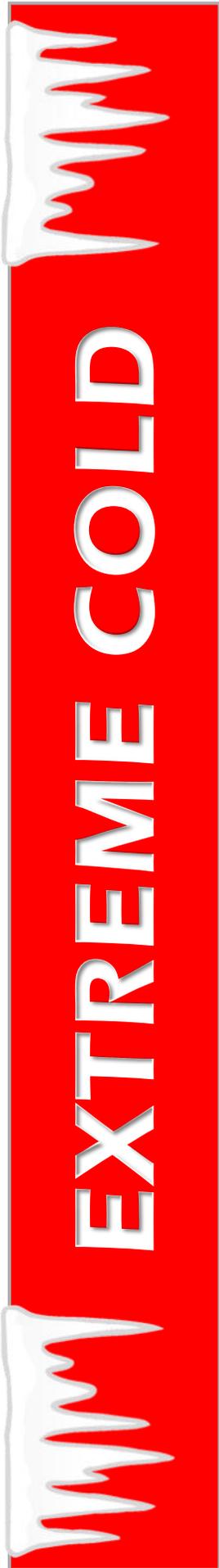
Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security Tax (taxable maximum) will increase to \$147,000 from \$142,800.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2022, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are announced. Final 2022 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola

To get more Social Security news, follow the Press Office on Twitter @SSAPress.



PREPAREDNESS TIPS FOR HOME

Extreme cold weather can be hard on both you and your home. Here are some tips to put into practice when freezing weather, snow and ice hit Akwesasne.

INSIDE:

- Open kitchen and bathroom sink cabinets to allow warmer air to circulate to allow warmer air to circulate around plumbing.
- Leave the heat set on at least 55 degrees while away.
- Never use a stove/oven or grill to heat your home.
- Place space heaters on level, hard surfaces at least 3 feet from anything flammable.
- Install and test Carbon Monoxide detectors.
- Keep anything that can burn at least 3 feet from any heat source like fireplaces, woodstoves, radiators or space heaters.
- Plug only 1 heating appliance (such as a space heater) into an electrical outlet at a time.



OUTSIDE:

- Insulate water supply lines that run through unheated areas.
- Caulk cracks and holes in outside walls and foundation near pipes.
- Make sure that all exterior windows and doors are air tight.
- Know where and how to shut off the main water supply.
- Make sure you have sufficient heating fuel in extreme cold temperatures.
- Keep portable generators outside, away from windows and as far away as possible from your home.
- Have a qualified professional clean and inspect your chimney and vents once a year.
- Store cooled ashes in tightly covered metal container and keep it outside at least 10 feet from your home and nearby buildings.





Cranberry Season!



The American Cranberry, a small, nutritious fruit that is native to the Northeastern United States and Canada, is available from October through December. Historically, cranberries were used for medicinal purposes; but eventually, these oval-shaped berries made their way to our Holiday table as juice, a side dish, or an ingredient for other dishes. Cranberries are primarily made up of carbs and fiber and are a rich source of vitamins and minerals, including manganese, copper and vitamins C, E, and K.

Background Information:

Cranberries are low-growing perennial plants with vine-like shoots, and uniquely, grow in bogs: the center of the berries contain air pockets, which makes the fruit buoyant. In the Fall, the bogs are flooded, which forces the cranberries to float, making them easier to harvest; and then the bogs are flooded again in the Winter to protect the berries against cold, drying winds.

Selection:

When choosing cranberries for consumption, they should be fresh and firm; and they should also have a nice glossy red skin that is firm. A fresh berry will “bounce” when dropped. Quality deteriorates over time with more soft and bruised berries.

Storage:

- Place fresh berries in the refrigerator until you are ready to use them. A top-quality berry will usually keep in the refrigerator for up to a month.
- If you know that you freeze them, freeze them as soon as you bring them home.
- Commercial companies recommend freezing cranberries in the bag without washing them.
- Another option is to wash and sort the cranberries before freezing them. After washing the cranberries, pour them out on a terrycloth towel and gently roll them to remove all traces of water. Water remaining on the skin of the cranberry will cause the berry to blister when frozen. Freeze in containers allowing 1/2 inch headspace for expansion, or tray freeze and pack into plastic freezer bags.

Preserving Cranberries:

Cranberries can be preserved by canning, freezing, or drying and used in both sweet and savory dishes. Recipes for canning include sauce, jams, conserve, salsa, and chutney. You can also freeze baked products made with cranberries, such as cranberry muffins or cranberry coffee cakes. Dried cranberries are a nice addition to baked goods, pancakes, and waffles.

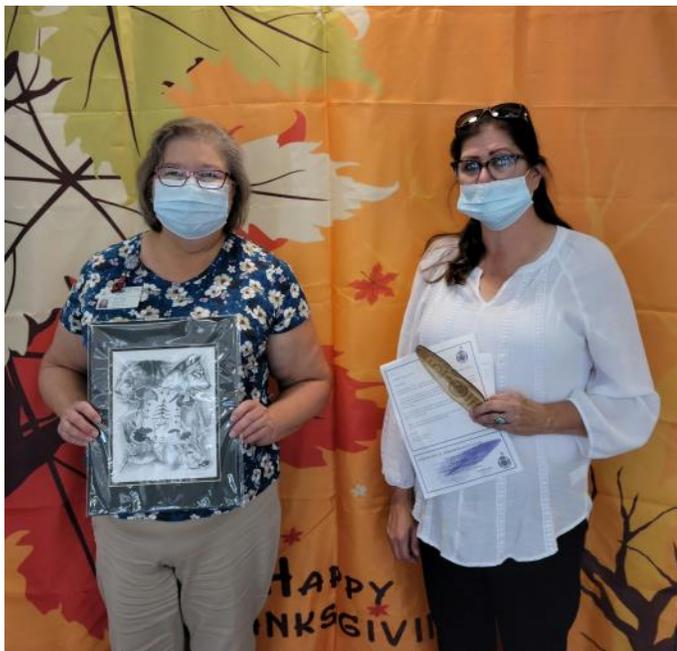


If you have questions, feel free to contact SRMT Office for the Aging
at (315) 358-2963 Lisa Keys, RDN

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Best Wishes on your Birthday and throughout the coming year!

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|----------------------|---------------------|------------------------------------|
| 2- Rose Dillon | 16- Vernie Herne | 26- H. John Bero |
| 3- Dave Mitchell | Karen Lalonde | Ellen K. Planty |
| James Lazore | 17- Inez N. Cook | Selena Smoke |
| Cecilia Reid | Emily Bradshaw | 27- Katherine Foley |
| 4- Mona Jacobs | 18- Marilyn Gale | 28- Brenda LaFrance |
| Ruth Campbell | 19- Greg Cole | 29- Gloria Lazore |
| 6- Beatrice H. White | 20- Debbie Cooke | Charlene Spieler |
| Dennis Phillips | 21- Ward Cook | 30- Debbie Cree |
| 7- John 'Tony' Swamp | Dawn Boice | 31- Gerald Thompson |
| 10- Elouise Laughing | 22- Ernest Samphier | Mary O. Burnham |
| 11- Carol Lazore | 23- Debbie Thompson | |
| Margaret Hamelin | Judith Vankennan | |
| 12- Phyllis Mossow | Judith Printup | Bold are Saint Regis Mohawk |
| Kerry Mitchel | 24- Minerva White | Senior Club Members |
| 13- Carol LaDue | 25- Richard LaDue | |
| Lois Jordan | Mabel White | |
| 14- Sylvia Bero | | |



Congratulations Doris Burns for 10 years of service and Judy Laffin for 6 years of service at the Saint Regis Mohawk Tribe.

Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month.

Thursday, December 9, 2021

Tuesday, December 21, 2021



Medical Supplies Available

Our senior center has a supply of donated medical supplies such as; walkers, canes, adult incontinence products, and more. If you or someone you know is in need, please call our offices at (518) 358-2963.



St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

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If you are not the Addressee, please
 notify us of our mistake.
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:

www.srmt-nsn.gov/office_for_the_aging

Or Facebook:

Office for the Aging Saint Regis Mohawk Senior Center

We're Here to Serve You!

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**